

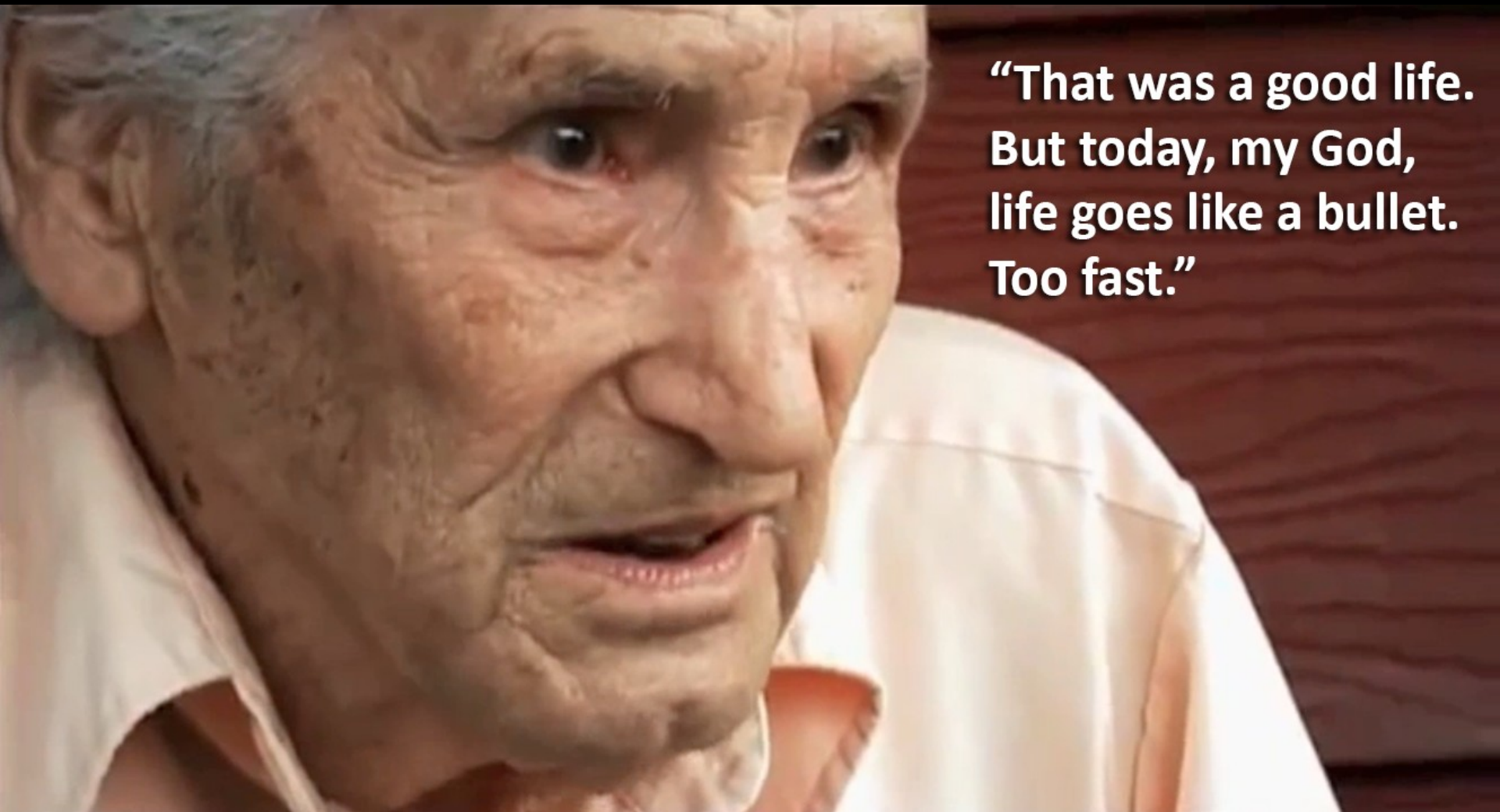
AUSA Family Forum II

LTG Patricia Horoho

United States Army Surgeon General &
Commanding General, United States Army Medical
Command

22 Oct 2013 Washington DC

[Don't Blink Video 1:54]



**“That was a good life.
But today, my God,
life goes like a bullet.
Too fast.”**

20,000

Rested...

Fueled...

Perfused

[Desserts Video 0:32]



500
Calories



Log for
1 Hour



[Forks Over Knives 1:30]

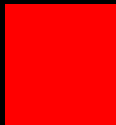




21

7

15



0



LTG Patricia Horoho
U.S. Army Surgeon General
7700 Arlington Blvd.
Falls Church, VA 22042
<http://www.armymedicine.mil>



Name:



Activity:

30 minutes this afternoon.
30 minutes in the morning.

Nutrition:

Eat your calories, don't drink them.
No more caffeine until tomorrow a.m.

Sleep:

Remove electronics from bedroom.
Get 7 uninterrupted hours.

Refills: *Lifetime*



@LTGHoroho

Signature

[Make Health Last Video
0:56]



ARMY MEDICINE

Serving To Heal...Honored To Serve

